

Double voiding

Community and Extended Care Services. Adult Health Program Continence Advisory Service.

What is voiding?

Voiding is the term for passing of urine.

What is double voiding?

Double voiding is a technique that may assist the bladder to empty more effectively when urine is left in the bladder. It involves passing urine more than once each time that you go to the toilet. This makes sure that the bladder is completely empty.

Why double void?

If the bladder is not emptied completely it may cause some medical problems.

For example:

- if urine is continually left in the bladder it can become stretched over time, which may cause further problems with incontinence
- if urine is left in the bladder it may allow the build up of bacteria which may cause urine infection.

Double voiding is a simple, recommended procedure to avoid bladder infections.

How does double voiding work?

It works by stimulating the bladder muscle to contract and empty a second time.

What do you have to do?

Here you will find a number of tips which can be used to help you empty your bladder. The health professional who provides you with this pamphlet will explain these double voiding techniques to you.

- always sit comfortably on the toilet with your feet supported
- males who stand to urinate may find it useful to then sit on the toilet



Standard 2
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- leaning forward and rocking from side-to-side may help (only perform this double voiding technique if you are able to support yourself safely)
- tapping over the bladder with two fingers may stimulate the bladder to contract and empty
- listening to running water
- stroking your inner thighs, abdomen or lower back
- pouring a jug of warm water over the pubic region
- once you have finished passing urine, count to 10 slowly, or have a walk around the bathroom then sit on the toilet again to try and pass urine
- never strain to pass urine
- avoid constipation.

It is important to note that you may need to try several of these double voiding techniques to find the one that works for you. If these techniques do not help, please seek further medical advice.

Urinary Tract Infections (UTIs) and incontinence

UTIs are preventable, but they are one of the leading causes of urinary incontinence. Recurring infections may lead to scarring of the bladder. This increases the risk of permanent urinary incontinence.

Symptomatic and recurrent UTIs should always be reported to a doctor, as treatment with antibiotics is generally required.

Best position for emptying bladder

- sit with feet apart and well supported
- have knees apart and over feet
- lean forward and rest on thighs or knees
- straighten lower spine in forward facing position.



Remember

If you would like to confidentially discuss any incontinence issues you may be experiencing, you can contact:

The National Continence Helpline

1800 330 066 (freecall)

Monday to Friday 8.00am to 8.00pm

Nambour Community Health Centre

Centenary Square, Nambour QLD

4560

Ph: 5202 8770